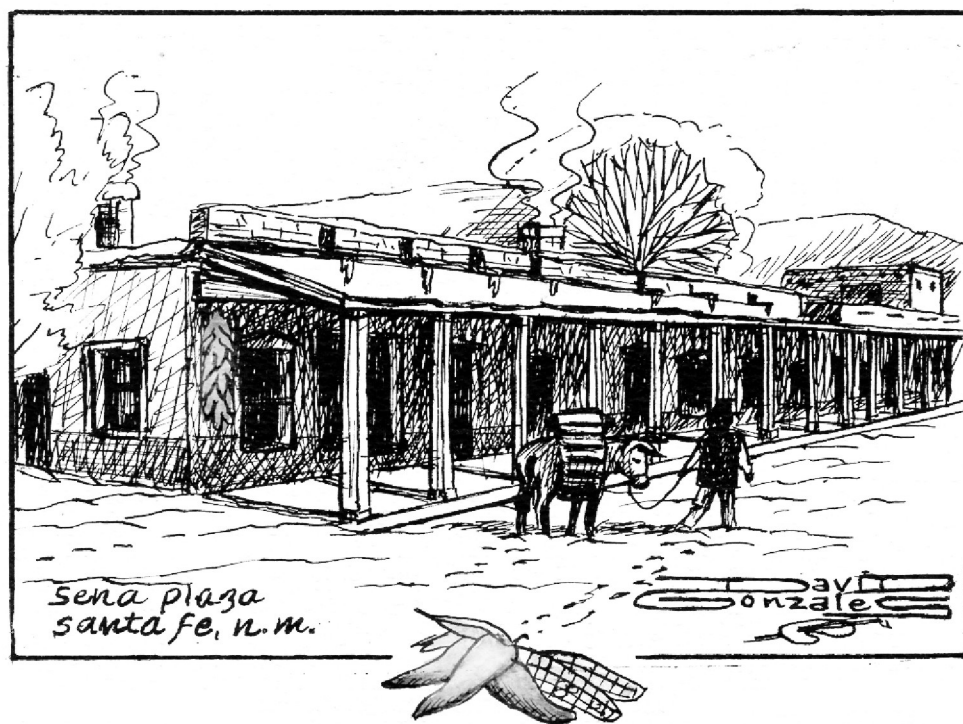


January 2004

The Senior Scene Vistas De Los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Rita B. Maes, Director

Administration

Rita B. Maes, Division Director	955-4799
Patricia Rodriguez, Deputy Director	955-4740
Lugi Gonzales, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4735

Nutrition

Ron Vialpando, Section Manager	955-4710
Yvette Sweeney, Administrative Assistant	955-4739
Vacant, Cook Supervisor	955-4749
Carlos Sandoval, Inventory Supervisor	955-4750
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels Kitchen

Juan Apodaca, Program Coordinator	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

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Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk-Typist	955-4733
Vacant, Clerk	955-4761

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743

In Home Support Services, Respite Care
Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Physical Fitness

Patricia Rodriguez, Deputy Director	955-4740
Ron Pacheco, Safe Kids/Safe Seniors	955-4754

Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Commodities Information

ECHO Commodities (State)	505-242-6777
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Transportation

Danny Allen, Transportation Administrator	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4703

Miscellaneous

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
EDGEWOOD	281-2515
114 Quail Trail	
Edgewood, New Mexico 87015	
EL RANCHO	455-2195
El Rancho Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
ELDORADO	No Phone
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
LUISA	955-4717
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
MARY ESTHER GONZALES	955-4721
1121 Alto St. Santa Fe, New Mexico 87501	

PASATIEMPO (Rose Slade, Coordinator)	955-4755
Kitchen	955-6433
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
RIO EN MEDIO	988-3053
El Alto Lane	
Rio en Medio, NM 87506	
SANTA CRUZ	753-8598
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
VENTANA DE VIDA (Pacheco)	no phone
1500 Pacheco St.	
Santa Fe, NM 87505	
VILLA CONSUELO	474-5431
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

Dear Seniors:

At our Board of Directors meeting on December 17, 2003, Mr. Mariano Tixier and Ms. Mary Louise Giron won re-election to their positions as Chairman and Secretary of the Board of Directors. Mr. Don Bell was elected Vice Chairman to replace Ralph Digneo whose term expired on December 31, 2003. Additionally, Rosina Schutz and Gloria Trujillo completed their four-year terms on December 31, 2003. Their contributions to our program and assistance to our staff will be greatly missed.

At this meeting board members were informed of the new Medicare changes recently enacted into Law by President Bush. Mr. Luciano Baca, Volunteer Statewide Grassroots Coordinator, for AARP-NM delivered a power point presentation on the New Medicare Law. The biggest change in the Medicare program since its inception in 1965, the law allocates \$395 billion over a ten year period for the Rx drug benefit program designed to assist Medicare beneficiaries. The law consists of 681 pages, is complex and attempts to fill a prescription drug need long voiced by the elderly.

Enrollment for the Rx drug program is voluntary and includes the following key provisions:

- The new law will take effect on January 1, 2006, and will target the poor and near poor with assistance in obtaining prescription drug medication and provides an opportunity for others to enroll in the program by paying a monthly premium.
- Beneficiaries with incomes up to 135% of the federal poverty level will pay no monthly premium and have no coverage gaps.
- Beneficiaries with incomes between 135% and 150% of the federal poverty level will pay a monthly premium on a sliding scale, have no coverage gap but will have a co-pay of \$2 for generic \$5 for and prescription drugs.
- The law provides for a \$35 monthly premium, a \$250 yearly deductible after which the program will pay for 75% of prescription drugs up to \$2,250, a gap between \$2,250 and \$5,100, and 15% co-pays for generic and brand name prescription drugs.
- Beginning April 2004, thru January 1, 2006, eligible individuals may obtain a discount card for a 10% to 25% discount on prescription medication.
- The bill provides \$81 billion to encourage employers to maintain health care plans.
- The bill also prohibits the importation of prescription medication from other countries except from Canada and only with the approval of the Human Services Secretary for specific medications.

In New Mexico of the 250,000 Medicare beneficiaries, 56,000 currently lack Rx coverage. This new bill will provide assistance to 111,000 poor and near poor New Mexicans.



A stylized handwritten signature in dark ink, appearing to read "Mary Louise Giron".

NEWS & VIEWS

Safe Return

(From the Alzheimer's Association)

Alzheimer's disease causes millions of Americans to lose their ability to recognize familiar faces and places. Many people cannot even remember their name and address. They may become disoriented and lost in their neighborhood or far from home.

It is common for a person with Alzheimer's disease to wander, many repeatedly, during the disease process. This behavior can be dangerous, even life-threatening, to individuals and stressful for caregivers.

There is help. The Alzheimer's Association *Safe Return* program assists in the safe return of individuals with Alzheimer's or dementia-related disorders who wander and become lost.

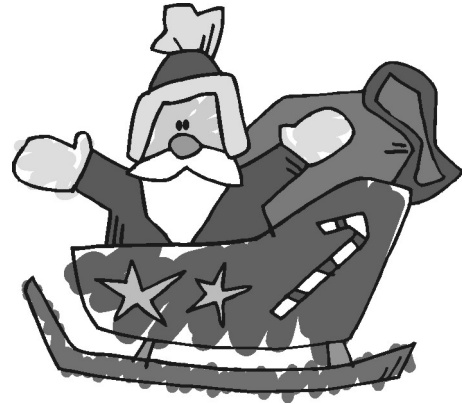
Safe Return is a nationwide identification, support and registration program working at the community level. They provide assistance whether a person becomes lost locally or far from home. Assistance is available 24 hours a day, every day, whenever a person is lost or found.

With a \$40 registration fee, *Safe Return* provides an engraved identification bracelet or necklace and iron-on clothing labels, stickers, wallet cards and more. If a registrant is lost, *Safe Return* can fax the person's information and photo to the local law enforcement. If a registrant is found, the 800 number on the ID can be called and *Safe Return* can notify listed contacts.

For more information, call 1(888) 572-8566.

50+ Info Network Column in the New Mexican

The *New Mexican* newspaper has generously agreed to run a column on senior events every other Sunday in the Neighbors Section. The 50+ Info Network will run one Sunday, and the Silver Tips column by the Aging and Long-Term Care Department will run the next. Upcoming dates for 50+ are January 11 and 25. Look for it!



Santa Claus

Once again, senior Doyle Davis brought joy to the season for many, many seniors at the Mary Esther Gonzales Senior Center. Although he tosses candy to staff and seniors alike all year, he likes to do something even more generous in December. Doyle carefully wraps countless gifts he has purchased over the last months, and distributes them to seniors at the center, Santa Claus-style. This year, he also gave staff members prints of beautiful sketches and writings he had created.

The Division of Senior Services would like to extend its gratitude to Mr. Davis again.



Alzheimer's Disease and Memory Loss Day at the Roundhouse, Friday February 6

A group of concerned health care and social service professionals is meeting regularly to prepare for Alzheimer's Disease and Memory Loss Day at the New Mexico State Legislature. This group of concerned citizens is seeking volunteers to learn more about the issues and then speak to local legislators and attend a press conference on February 6.

Preparation meetings will be held at the Kingston Residence 2400 Legacy Court on Wednesdays, January 14th and 28th, at noon. Lunch will be provided by Kingston.

For more information or to reserve your space for lunch, call Ed Keller at 471-2400.

NEWS & VIEWS continued

Diabetes: It's All in the Family

Rose Bramble, RN, BS, New Mexico Department of Health/Diabetes Program will present *Physical Activity...the Next Best Thing since Insulin*.

This is a free workshop to answer the questions "Who is at risk for diabetes?" "Is prevention possible?" "What management programs are available?"

Jane Schuster, R.R., will answer the question "Are carbohydrates in or out?"

Additional panel members will include those living with diabetes. A blood glucose screening will be available.

Saturday, January 31st

Cristo Rey Gymnasium on Cristo Rey Street
8:30 a.m. to 12:00 noon

A complementary lunch will be provided.

For reservations, please call 983-8528

Winter Warmth Give 'N Take

Do you have an extra coat, jacket, scarf, hat, blanket, a pair of gloves or boots? Or could you use some extra warmth this winter?



Either way, come to the lobby of the MEG Center at 1121 Alto Street. Either drop off your extras or pick up some for yourself or your family. The boxes will be there throughout January.

If You Travel with the Senior Travel Committee...

Please note: Effective January 2004, once you have paid for a trip through the Senior Travel Committee, if you need to cancel at any time for any reason, a 10% processing fee will be kept by the Travel Committee. So, only 90% of the price will be returned to the traveler who cancels.

Life Planning/Pre-Retirement Meetings

This group of interested individuals and professionals meets monthly to discuss retirement and pre-retirement issues. Meetings are open to anyone and are held at the AARP offices (535 Cerrillos Rd) on the fourth Tuesday of every month at 1:30.

For more information, please call Stanley Rosen at 473-4454.

Support Group Meetings

Alzheimer's Disease and Related Disorders Association-

Third Thursday/month 6:00 p.m. at Sierra Vista Retirement, 402 Rodeo Road. For information, call 986-9696.



Caregivers' Support Group- Second Monday/month 10:00 to 11:00 a.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

Lupus Support Group- First Wednesday/month 12:00 to 1:00 p.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

Parenting Grandparents Support Group- Every Thursday 4:30pm at Catholic Charities at 4985 Airport Road. For information, call 424-9789.

Peer Support for Blind and Visually Impaired- Second Thursday/month 10:00 to 11:00 a.m. at Pasatiempo Senior Center, 664 Alta Vista St. For Information, call Elaine Garcia at 827-4479.

Santa Fe County Diabetes Support Group- Fourth Wednesday, every odd month 10:00 a.m. to noon at the County Extension Building 3229 Rodeo Road. For information, call 471-4711.

Why not make a New Year's resolution you can keep?

Join RSVP, the Retired and Senior Volunteer Program and make a difference in your community! Call Kristin or Cristy at 955-4760 to find out more.



NEWS & VIEWS continued

S.H.A.R.E. (Senior Health Advocacy Reaching Everyone)

This program, sponsored by the New Mexico Department of Health and the New Mexico Aging and Long-Term Care Department, is about seniors sharing their memories to promote immunizations for children and adults.

Diseases like polio, diphtheria and measles claimed thousands of lives every year before vaccines. You have heard the stories or have felt the loss yourself of loved ones who suffered life-long complications or death from these diseases. Today, most parents, and many doctors, do not remember!

Use your memories to help protect children and your peers today. Talk to your friends-think back-it was a different world then. Share the facts about vaccines, such as the fact that vaccines have decreased deaths from childhood illness by more than 95%, or the fact that adults, especially seniors, need a tetanus/diphtheria booster every ten years and a pneumonia shot once after the age of 65. Use your influence in the family and community to make sure everyone gets all the vaccines they need.

For more information, call Anne Lutz at the New Mexico Department of Health's Immunization Program at 827-0196.



Free Caregiver Workshop

The Alzheimer's association and Open Hands Adult Day Services present the last in a series of workshops for people who take care of someone with Alzheimer's disease or dementia-related disorders.

On January 10th, 6:00 to 7:30 p.m., the subject will be on care giving stress. The workshop is free but reservations are required. The workshop is at Open Hands 2976 Rodeo Park Drive East. Call (505) 266-4473.

ECHO Commodity Distributions

When: The third Tuesday of every month from 9:30 a.m. to 1:30 p.m.

Where: At the County Extension Building at 3229 Rodeo Road.

Eligibility: This distribution is for mothers with children under 6 and for seniors age 60 and over. Recipients must be income eligible. For information: Call 955-4760 up until the distribution day, or call (505) 242-6777 any week day. Next distribution date: Tuesday, January 20.



Please Note the Following Information

USDA commodities will no longer be distributed by the Division of Senior Services. We spoke to the Food Depot, which now receives the bulk food and passes it along to other organizations to distribute directly to individuals. They told us that, starting in January, they will provide commodities to the following organizations to give to seniors:

Bienvenidos 986-0583
The Salvation Army 988-8054

Please call those organizations for eligibility, days and times of distribution.

Please do not call the Food Depot for information.

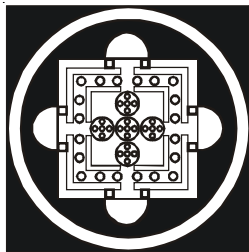
SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

Call: Fran Rodriguez, Transportation Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.



The Tao of Aging: Becoming Whole in Life's Second Half

With David Chernikoff, M.Div., M.S.W. and Drew Leder, M.D., Ph.D.

Aging is not for sissies: it is filled with losses and challenges. Yet these can form our pathway to great spiritual fulfillment if we know how to dance with the changes. In this workshop we will explore lessons from Eastern and Western sacred traditions on how to become whole in life's second half. As the body ages, the soul sages; the result can be joy and equanimity.

Participants will use individual and interactive exercises in a supportive learning environment that includes journaling, storytelling, guided meditation, partner and small group sharing. This weekend is a wonderful opportunity to make new like-minded friends and to learn and practice contemplative and transformational skills.

Friday, February 13th, 7:00 – 9:00 p.m.

Saturday, February 14th, 9:00 a.m. – 3:00 p.m.

\$60 for Friday and Saturday, including lunch (\$15 for Friday only)

For more information or to register, call Phoebe Girard at 988-5556.

"Otero Mesa- Serengeti of the Southwest" Slideshow Presentation

According to the New Mexico Wilderness Alliance: New Mexico's Greater Otero Mesa Area is considered America's largest and wildest Chihuahuan Desert grassland remaining on public lands. The slideshow presentation "Otero Mesa-Serengeti of the Southwest" presented by Stephen Capra, Associate Director for the New Mexico Wilderness Alliance, illustrates how the biological, cultural and historical importance of this great grassland is threatened by full-scale oil and gas development. This issue will be resolved in the coming months, and has become one of the biggest environmental issues facing New Mexico. Come learn how you can lend your voice to this critical discussion. Wednesday, January 21 at 11:00 a.m. M.E.G. Senior Center at 1121 Alto St.

Proposed Resolutions

(By Simon Arzigian, member of the Edgewood Senior Center)

It's a new year and another opportunity to start all over again with a fresh approach to life. Isn't that the feeling we get as January 1 approaches each year? We have thought about making some changes in our lives but just haven't gotten around to doing it. Now it is a new year and so it is probably the time to make the move toward improving things in our life. The reality is that we should not wait for the New Year to change things which we have felt the need to do. Of course, being human we tend to put off new approaches with one excuse or another.

Now with no further procrastination we will make the resolutions long delayed and endeavor to carry them out. Some resolutions I will keep for myself and some I hope others will make.

I want to continue my focus on God and try harder to do His bidding as best as I can know it; to offer thanks, always, to God, for all the help and guidance received in my daily life; to respect my fellow man and woman in all things, even if I disagree with their beliefs or opinions.

I hope the peoples of the world would resolve to act on the great commandments to love our neighbors as ourselves, and thus achieve peace, harmony and justice for all.

I hope our legislators, whether local, state or national, will resolve to remember the disadvantages among us and help to alleviate their situation.

The above are lofty goals, but I believe achievable if only we seriously work at it. Even if only some imperfect result is obtained as a result of these resolutions, that is still something to be proud of.

Need Help with Heating Costs?

Call the N.M. Aging and Long-Term Care Department (formerly the State Agency on Aging) at 1 (800) 432-2080 to find out about LIHEAP, the Low Income Heat and Energy Assistance Program.



Seniors, please note:

Due to inflationary costs and a zero increase in the operating budget, the Division of Senior Services is forced to increase the requested donation for the meals we provide.



**Effective January 1, 2004,
suggested donations for
meals are:**

Breakfast	\$1.00
Lunch	\$1.50

Thank you for your cooperation.

FREE TAX AIDE

**A joint service provided by the
Division of Senior Services & AARP**



Trained volunteers will complete your Tax Year 2003
Income Tax return, free of charge.

Appointments are not necessary, but people will be asked to sign in
and will be helped in that order, with the exception that seniors (those
over 60) will be given preference over non-seniors.

*At the Genoveva Chavez Community Center
3221 Rodeo Road in Santa Fe*

Mondays through Fridays 9:00 a.m. to 2:00 p.m.

Saturdays 9:00 a.m. to 12:00 p.m.

February 2nd through April 15th

If you have your tax returns from Tax Year 2002, please bring them
with you to speed up the process.

Most seniors are eligible for rebates,
even if they did not receive any income in 2003.

Please come find out what rebates you are eligible for.

If you have questions, please call Gloria at 955-4721

LEGAL & CONSUMER INFORMATION

Consumer Alert

(From the New Mexico Attorney General's Office)

Beware of Discounted Contracting Offers

New Mexico is the target of individuals approaching homes with offers of deeply discounted paving work. We have also had reports of similar roof repair offers. Attorney General Patricia Madrid warns that these offers frequently result in inferior workmanship at very high prices.



The Offer:

You will be approached in your home with an offer to repair your roof or pave your driveway at a reduced cost because the material is left over from an earlier job.

You are likely to be given a written estimate. You'll be told the "by the square foot" price but not told the total amount until the work is completed.

You will be pressured to make an immediate decision. The offer will not wait. You will not be given the right to cancel within three days of the agreement.

The Result:

You will pay top dollar for the work though the work is unlikely to be to industry standard. In some cases, the work is not even done, but the money is taken.

Your check is likely to be cashed immediately, giving you little recourse.

Your home is one of your best investments. When you decide to make improvements or repair, research contractors and hire a reputable one.

If you have been victimized by a door-to-door contractor, contact:

New Mexico Attorney General Madrid's Consumer Protection Division at 1 (800) 678-1508.

Holiday Cheer for Some *Tricare for Life* Eligibles

(From the Aging and Long-Term Care Dept.)

The recently enacted "Medicare Prescription Drug, Improvement, and Modernization Act of 2003" contains a little-known amendment that will help many military retirees and dependents/survivors age 65 and over, who are eligible for the Tricare for Life (TFL) health care coverage. TFL coverage is quite broad and includes excellent prescription drug coverage. To get TFL, eligible people must have Medicare Parts A and B. However, many TFL eligibles had not enrolled with Medicare Part B when first eligible for it, and so have been faced with penalties in the form of increased premiums charges.

The new Medicare law provides some welcome relief for such people. It will eliminate late enrollment fees for TFL eligibles who enrolled in Medicare Part B in 2001, 2002, or 2003, or who enroll during 2004. It also allows TFL eligibles to enroll in Part B any time during 2004. In addition, the law directs the government to try to identify affected people.

Unfortunately, the penalty elimination begins only as of January 2004, and does not apply to people who had enrolled in Medicare Part B before 2001. But people in these circumstances may be able to obtain individual waivers of the premium penalties under existing waiver procedures.

Additional information on this subject is available from the Aging and Long-Term Care Dept at 1 (800) 432-2080.

Searching for Information about Services for Seniors?

It doesn't matter if you live in the same city or across the country...locating help for an older family member or friend is easy with the Eldercare Locator, a nationwide, directory assistance service to help locate support resources for aging Americans. Anyone can call with an immediate need, or information for long term planning.

Call the Eldercare Locator toll-free at (800) 677-1116, Monday through Friday, 9:00 a.m. to 8:00 p.m., Eastern Time.

Eldercare Locator is a service of the Administration on Aging, U.S. Department of Health and Human Services, and is administered by the National Association of Area Agencies on Aging and the National Association of State Units on Aging

LEGAL & CONSUMER INFORMATION

Common Sense Crime Prevention for the Elderly

(From New Mexico Senior Citizen News, Summer 2003)

Crime and the fear of crime create special problems for the elderly. Understanding the nature of the problem and knowing what to do to avoid being a victim of crime can help you. The following commonsense tips could be helpful:

Walking

- Always plan your route and stay alert to your surroundings. Walk confidently.
- Have a companion accompany you.
Stay away from buildings and doorways; walk in well-lighted areas.
- Have your key ready when approaching your front door.
- Don't dangle your purse away from your body.
- Don't carry large, bulky shoulder bags; carry only what you need. Better yet, sew a small pocket inside your jacket or coat. If you don't have a purse, no one will try to snatch it.

In Stores

- Don't display large sums of cash.
- Never leave your purse unattended.
- Use checks where possible.

In Your Car

- Always keep your car doors locked, whether you are in or out of your car.
- At stop signs and traffic lights, always keep your car in gear.
- Travel well-lit and busy streets. Plan your route.
- Don't leave your purse on the seat beside you; put it on the floor, where it would be more difficult for someone to grab it.
- Lock bundles or bags in the trunk. If interesting packages are out of sight, a thief will be less likely to break in and steal them.
- When returning to your car, check the front seat, back seat, and floor before entering.
- Never pick up hitchhikers.
- If your car should break down, get far enough off the road, turn on your emergency flashers, raise the hood, get back into the car, lock the door, and wait for help.

Banking

- Many criminals know when government checks arrive each month and may pick that day to attack. Avoid this by using Direct Deposit, which sends the money directly from the government to the bank of your choice. And, at many banks, free checking accounts are available to senior citizens. Your bank has all the information.
- You should store valuables in a Safe Deposit Box.
- Never give your money to someone who calls on you, identifying himself as a bank official. A bank never asks you to remove your money. Banks need the use of your money, and they don't want one of their customers to invite crime by having large amounts of cash around.
- When someone approaches you with a get-rich-quick-scheme involving some or all of YOUR savings, it is really HIS get-rich-quick-scheme. If it is a legitimate investment, the opportunity to contribute your funds will still be out there tomorrow, after you have had time to consider it.

At Your Door/Home

- Never open your door automatically. Use an optical viewer.
- Lock your doors and windows. Keep your garage doors locked.
- Vary your daily routine.
- Use "Neighbor Watch" to keep an eye on your neighborhood. A concerned neighbor is often the best protection against crime because suspicious persons and activities are noticed and reported to police promptly.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night; use a timer to turn your lights on and off when you are away for an extended period.
- Don't place keys under mats, in mail boxes or hidden by other receptacles outside your door.
- Notify neighbors and the police when going away on a trip. Cancel deliveries such as newspapers and arrange for someone- a neighbor's child, perhaps- to mow the lawn if need be. Arrange for your mail to be held by the Post Office, and ask a neighbor to collect it for you.
- Keep an inventory with serial numbers and photographs of resalable appliances, antiques and furniture. Leave copies in a safe place.
- Don't hesitate to report crime or suspicious activities.

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.



If a senior citizen is raped, who can she tell? Elder rape is vastly under-reported. Often, the situation is easier to discuss with someone of equal age. That is why the **Santa Fe Rape Crisis Center** needs more telephone advocates who are seniors.

The volunteer trainings are intensive (35 hours) and the commitment is long-term (at least 9 months), but the gift you will be giving is immeasurable. Please consider making this important choice to help a senior in need.



Kitchen Angels is a non-profit service for homebound Santa Feans who are suffering from diseases such as cancer or AIDS. Volunteers and staff work to cook delicious, nutritious meals in a lovely and spacious kitchen; package those meals in preparation for going out the door; and deliver them to grateful homebound recipients. You can choose whichever step of the process you would like to help with. Shifts range from one to three hours and are generally once a week. You can give a little and get a lot back through this organization.

CASA (Court Appointed Special Advocates) “A child’s voice in court”



All children have a right to a home with loving people to care for them. But each year in the United States, millions of children are abused, neglected or abandoned by their families. Over ½ million of them are removed from their homes and placed in foster care or institutions and their case ends up in court. Their only “crime” is that they have been victims. It’s up to a judge to decide their future. In these cases, many children become victims a second time, lost in an overburdened child welfare system that cannot pay close attention to the special needs of each child. Sometimes a child can remain adrift in the system for months, even years.

That’s where CASA comes in. **CASA** members are trained community volunteers appointed by a judge to speak up for abused and neglected children in court. CASA volunteers work for the judge and alongside attorneys and social workers as officers of the court. When a CASA volunteer is appointed to a child’s case, he or she is responsible for taking the time to find out as much as possible about that child. They search for information, review records, talk to the parents, interviews teachers, neighbors, friends and care givers. Most importantly, they talk to the child. They then write a report to the court and appear at hearings to strongly advocate for what is truly in the child’s best interest.

Each CASA volunteer has one or two cases, depending on their time. CASA asks for a commitment to the life of the case which is generally about two years.

Are you a book worm? **Friends of the Library** is the volunteer group that supports the Santa Fe Public Library. They sell used books out of a tiny shop in the Main Library on Washington Ave. Each volunteer has a weekly shift of a few hours, during which they assist customers, shelve new donations, and get to read. Last year, these dedicated volunteers raised some \$17,000 for the libraries to invest in new books! Do what you love (surround yourself with books) to support what you love (more books at the library).

RSVP continued

RSVP Mission Statement

The mission of the Santa Fe RSVP is to recruit and support senior volunteers to help themselves and others by sharing their experience, care, knowledge, skills and efforts in service for our community. We provide meaningful volunteer opportunities for seniors to meet community needs.

We encourage seniors to remain or become active to promote good health. Research has revealed that people who are active after retirement live longer, happier, healthier lives.

RSVP is the vital link that connects a lifetime of talents and experiences to the larger community needs. Volunteers provide many varieties of service to the Santa Fe community.

All services are important and the Division of Senior Services appreciates all the volunteer work you do.

Principio Básico del RSVP

La misión del RSVP de Santa Fe consiste en seleccionar y respaldar voluntarios de la tercera edad para ayudarse a sí mismos y a otros compartiendo sus experiencias, cuidados, conocimientos, habilidades y esfuerzos en un servicio para nuestra comunidad. Brindamos valiosas oportunidades como voluntarios a las personas de la tercera edad para satisfacer las necesidades de la comunidad. Animamos a las personas de la tercera edad a continuar o volverse activas para promover la buena salud.

Las investigaciones han revelado que las personas activas después de jubilarse tienen vidas más largas, felices y saludables.

RSVP constituye el enlace vital que une una vida de talentos y experiencias con las necesidades más importantes de la comunidad.

Los voluntarios brindan numerosas variedades de servicios a la comunidad de Santa Fe ya que todos los servicios son importantes y la División de Servicios para la Tercera Edad valora todo el trabajo voluntario que usted realiza.



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

January

Anne Burrage	1/1	Christine P. Martinez	1/15
Manuel Carrillo	1/1	Mary Erlin Medina	1/16
Laura Lujan	1/2	Myrtle Romero	1/17
Simon Mostert	1/2	Kay Oliver	1/18
Al Hill	1/3	Richard Roth	1/18
Mary F. Martinez	1/3	Ralph Digneo	1/20
Miguel E. Trujillo	1/3	Joe G. Ortiz	1/21
Emily Marquez	1/4	Aurora I. Vigil	1/21
John R. Sandoval	1/5	Joan C. Malone	1/22
Joel Abraham	1/6	Lola R. Maestas	1/25
Joe D. Augburg	1/6	Pauline T. Brown	1/26
Tillie Kitchens	1/6	Elsie Cordova	1/26
Barbara Rochford	1/6	Virginia Lierz	1/26
Tillie Trujillo	1/6	Stella Martinez	1/26
Irene M. Voelker	1/6	Pauline Orosco	1/26
Geraldine P. Angelmire	1/7	Carmen Petrikat	1/26
Lena D. Padilla	1/7	Jean Chandler	1/27
Robert Conley	1/8	Dottie Hill	1/28
Sonya Knauer	1/8	Norman Budow	1/29
Tomasita Rodriguez	1/10	Enriqueta June	1/29
Yvonne T. Burke	1/11	Dolores Dueweke	1/30
Dolores Barry	1/13	Bill Dunbar	1/30
Edward Maestas	1/13	Porfirio Chavez	1/31
Isias "Ike" Alarid	1/14	Domenico Cinciripini	1/31
Ann Morgan	1/14		

**Have a
Great Day!**

ACTIVITIES

New Mexico- The Story of Its People

Presented by local historian Doug Peterson

These five lectures will focus on special historical aspects of life in New Mexico from the early 1600's to the present.

1. (January 13th) New Mexico Churches- Slide Presentation

- Early Mission Churches
- Building and furnishing the buildings
- French influence in church buildings
- The Mission style today

2. (January 20th) Going into Business on the Santa Fe Trail

- Early El Camino Real
- Business conditions in New Mexico 1821
- Individual business owners
- Development of trade
- Mercantile Capitalism

3. (January 27th) Law Wallace and Billy the Kid

- Lincoln County War
- Law and Order in New Mexico
- The Plea Bargain
- The capture and trial of Billy the Kid

4. (February 3rd) Tourism Part I

- The coming of the railroad
- The Fred Harvey Company
- Re-development of arts & crafts

5. (February 10th) Tourism Part II

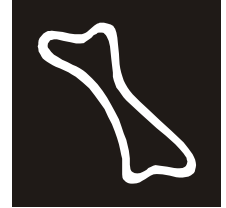
- Promotion of NM's natural attractions
- Indian detours
- Taos and Santa Fe Art Colonies
- Special community events

All classes are free to seniors and will be held at Ventana de Vida Senior Center at 1500 Pacheco St., Tuesdays 9:30 – 10:30 a.m.

You may attend one, some, or all of the classes. To sign up, please call Gloria at 955-4721.

Arthritis Self-Management Six-Week Course

Do you experience pain related to your arthritis condition? Are you discouraged or depleted by arthritis?



Get the knowledge, confidence and skills you need to take a more active part in your condition, and hopefully feel better.

Topics will include basic medical facts, pain management, exercise and body mechanics, energy conservation, stressmanagement and medications & treatments.

Fridays at 1:00 p.m. at the M.E.G. Senior Center, 1121 Alto St. Starting January 30.

Course fee is \$25 for all six weeks. Some scholarships are available.

Pre-registration is necessary and you must fill out an application.

You may register with Gloria at the M.E.G. Center.

For information, call Phoebe Girard at 988-5556.

Class size is limited, so register soon.

Bingo Alert!

The following change will be effective starting January 12, 2004:

Ventana de Vida Bingo will be Mondays at 1:30 only.

ACTIVITIES



New Year's Dance

Thursday, January 8th
1:00 – 4:00 p.m.
Fraternal Order of Eagles Club
833 Early Street
\$2 admission
Bring your Senior ID card
Band: To Be Announced

Learning to Cook with Diabetes

Edgewood Senior Center
Fridays in January 12:30 - 3:00
Must attend all 4 classes
January 9- The Food Guide Pyramid and the
50/50 Plate
January 16- Desserts and Carbohydrates
January 23 Vegetables, Grains and Beans
January 30- Heart Healthy Cooking

Please pre-register with
Edgewood Senior Center 281-2515
For more information, please
call Christine at 955-4715

Judge Fran Gallegos

will be at MEG Center
Friday, January 16th at 11:30 a.m.
She will give a video presentation on the
services that her office provides.



Senior Travel Committee Trip

Laughlin, Nevada

April 13-16

Includes three nights at the Edgewater
Hotel/Casino

Cost per single room (per person) \$115.00

Cost per double room (per person) \$105.00

Cost per triple room (per person) \$100.00

April 12: Orientation meeting 1:00 p.m.

April 13: Depart MEG Center at 7:00 a.m.
Arrive Laughlin 5:30 Nevada
time

April 16: Depart Laughlin 7:30 a.m.
Arrive MEG Center 8:30 p.m.

For information or to reserve your space,
call Corine Sanchez at 986-1780 or Joe
Martinez at 471-6228 or 955-4721

Note: There is a 10% cancellation fee.

New Clay Class

**Learn how to build clay
pieces by hand!**

Tuesdays 9:00 at the

MEG Senior Center,

beginning January 20th

Instructor: Elaine Fine

**For more information,
please call Lupita Martinez
at 955-4725.**

ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Movie Day Ceramics Shopping/Errands	CHIMAYO Monday Tuesday 4 th Tues. of Month Wednesday Thursday	12:30 pm 12:30 pm 12:00 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Inter. Spanish Adv. Spanish Line Dancing Wood/Straw Sing-A-Long Sewing Tai Chi Sounds of the Past Bridge	PASATIEMPO Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon./Thur. Friday	8:00 am 9:00 am 10:00 am 8:30 am 9:00 am 1:00 pm 1:00 pm 9:30 am 11:30 am 1:00 pm 9:00 am 11:30 am 12:30 pm
Board Games Ping-Pong Ceramics (beg.) Ceramics Leatherwork Quilting Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm	Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Ceramics Liquid Embroidery Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Tuesday Wednesday Wednesday Thursday	12:00 pm 12:30 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands	SANTA CRUZ Monday Monday Tues./Fri. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday 3 rd Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Social Bingo Art Technique Crochet Quilting Toastmasters Movie	VENTANA DE VIDA Daily Mon. thru Fri. Monday Tuesday Thursday Friday Friday Every Other Sat.	10:00 am 10:00 am 1:15 pm 1:15 pm 1:15 pm 1:15 pm 4:00 pm 2:00 pm
Exercise Pool/Cards Bingo Clay Building Ceramics Quilting Wood/Straw Sing-A-Long	M.E.G. Mon. thru Fri. Mon. thru Fri. Mon./Wed. Tuesday Wed./Fri. Thursday Thursday Friday	7:30 am 8:00 am 1:00 pm 9:30 am 9:30 am 1:00 am 9:30 pm 11:30 am	Coffee Social Ceramics Open Crafts Movie Day Clay Bingo Wood/Straw	VILLA CONSUELO Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. 2nd Friday Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 1:30 pm 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Thursday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Mon./Wed./Fri.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

BRIDGE

Pasatiempo	12:30 pm	Friday
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CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:30 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.
M.E.G.	9:30 am	Wed./Fri.

CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY

El Rancho (Liquid)	12:00 pm	Tuesday
Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
Ventana de Vida (Crochet)	1:00 pm	Thursday

EXERCISE

Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.

GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

LINE DANCING

Pasatiempo	1:00 pm	Tuesday
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LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Chimayo	12:00 pm	4 th Tuesday
Luisa	1:00 pm	3 rd Wednesday
Ventana de Vida	2:00 pm	Every Other Sat.
Villa Consuelo	1:30 pm	2 nd Friday

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Wednesday
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS/BRIDGE

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.
Pasatiempo (Bridge)	12:30 pm	Friday

QUILTING/SEWING

Edgewood	1:00 pm	Wednesday
Luisa	9am/1pm	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	1:00 pm	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tues./Fri.
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasa (Sounds of Past)	11:30 am	Mon./Thurs.
M.E.G.	11:30 am	Friday

SPANISH (Conversational)

Pasatiempo	9am/1pm	Tuesday
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TAI CHI

Pasatiempo	9:00 am	Thursday
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TOASTMASTERS

Ventana de Vida	4:00 pm	Friday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday

WOOD CARVING/STRAW APPLIQUE

Chimayo	9:00 am	Monday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday
M.E.G.	9:30 pm	Thursday

YOGA

Pasatiempo	8:30 am	Tuesday
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SENIOR OLYMPICS corner

A Brand New Year. A Brand New Challenge.

(The following is by senior Bill Greaves)

Never before in my life have I felt so convinced that a great change for our world was so imminent. Exciting possibilities in the world are on the horizon. Possibilities beckon for reasonable and responsible people to accept the challenge of providing a more promising life for oppressed people who have been under the thumb of a corrupt and heartless regime. Yes, I am referring to places like Iraq and Afghanistan and Uganda. When Hussein was found cowering in his spider hole, he was through forever as a mass murderer of his own countrymen. But now joy reigns in Iraq! The spirits of the decent people of Iraq have been infused with a fresh breeze of hope.

If the year 2004 can develop similar outbursts of hope for other nations as well, I believe great good will enter the hearts of men and women everywhere.

In Santa Fe, the year 2004 begins with hope as well. The stock market is on a nice roll. Unemployment is down. The citizens are more optimistic about the future of the good old U.S.A. Our servicemen and servicewomen have done a superb job. And it is incumbent upon all of us, and especially the citizens of mature years, to do our part to refrain from whining and nay saying about the future of our country. As Senior Olympians we need to stay as healthy as we can and be as positive as is reasonable. We can be role models for the younger generations coming after us.

Our local games start in March. Let's work hard on our games of choice and have one heck of a time doing it. Each of us still has a stake in keeping our country as wonderful as it is now. Okay. Let's hit the playing fields!

Tell me the truth. Do I sound like a cheerleader?

For the romantics out there...

"Hold fast to dreams

For when dreams go

Life is a barren field

Frozen with snow."

-Langston Hughes

Hasta Febrero, atletas!

-Bill Greaves

NEW MEXICO SENIOR OLYMPICS, INC.

The Santa Fe Senior Olympic Committee recently conducted their Annual Meeting and adopted several new policies, summarized below.

RULES CHANGES:

- a) A section will be added in General Rules defining substitutes.
- b) Event limits - Athletes may only compete once in the same talent event category.
- c) Talent/Dance - A contestant must attend an organization meeting at State Games. Failure to attend this meeting will result in disqualification. Practice is optional.
- d) Frisbee Disc weight - Will be increased to 160 grams.
- e) Racquetball- A mixed double event will be added.
- f) Volleyball- Rally scoring and a Co-Ed Team category will be added.

STATE GAMES

The 2004 Games will be held in Las Cruces on August 4-8. Registration is due to NMSO by June 30, 2004. The 26 State Games qualifying sports will be divided into two segments.

STATE TEAM TOURNAMENTS

The new Game Rule changes include staging Softball, Volleyball, and 3 on 3 Basketball at a different time than State Games and to make these tournaments "OPEN". Open status means we can invite other states to attend. We believe this will increase the number of games each team will be able to play and make for a more enjoyable tournament. This also means we will be instituting a "Team Fee". We will no longer require teams to qualify locally. Any team may register for and go directly to the State Team Tournaments. The State Team Tournaments will be our qualifying events for Nationals. We will announce the final scheduling for State Team Tournaments as soon as possible. Currently, Albuquerque is interested in Softball and Las Cruces in Volleyball. NMSO will conduct a Women's 3 on 3 Basketball Invitational on March 26-28 in Belen. This will be the State Team Tournament qualifying event for Women's Basketball.

Keep you *Senior Scene* handy for further info.

- Walter J. Backus, Chairman, Santa Fe Senior Olympic Advisory Comm.

SENIOR CENTERS MEMBERSHIP INFORMATION

Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR JANUARY 2004:

M.E.G. Center	Tuesdays	Jan. 6, 13, 20 & 27	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	Jan. 8, 15, 22 & 29	9:30 to 12:00 & 1:30 to 3:00

Note: There will be **no IDs issued** on January 1, as the centers will be closed for New Year's.

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	Jan. 6 & 13	11:00 a.m. to 12:00 noon
Luisa Center - *Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	Jan. 8	11:00 a.m. to 12:00 noon
Villa Consuelo Center - *Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	Jan. 15	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	Jan. 20	11:00 a.m. to 12:00 noon
Ventana de Vida Center - *Fourth Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	Jan. 22	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	Jan. 8, 15, 22, 29	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Mon. (Tests conducted by Jerry Davis, RN)	Jan. 12	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. (Tests conducted by Frances Vigil, RN)	Jan. 21	11:00 a.m. to 1:00 p.m.

*Note: Thursday dates are all moved back for one week, due to New Year's.

HEALTH

SENIOR FITNESS

Bone Density & Exercise in Older Women
(By James M. Evans)

DEAR JIM: My doctor has suggested that I increase my physical activity to strengthen my bones and joints. I'm 64, and I don't see how exercise is going to do very much for me at my age. I'm too old for all this foolishness anyway. Do you think he is just talking through his hat? **TOO OLD**

DEAR TOO OLD: You are giving up too soon, young lady. You are certainly not too old for exercise and, yes, it will strengthen your bones and joints regardless of your age. If your doctor told you that you had a heart problem or high blood pressure you would listen to him. Why don't you want to listen to him now?

There have been countless studies that show the importance of exercise in strengthening bones and joints. A recent study published in *Medicine & Science in Sports & Exercise* [Humphries, B., et al. 2000, 32 (6), 1043-50] demonstrated once again that exercise has a positive effect on bone density, strength, and calcium turnover in older women.

The study – a collaboration among researchers from Australia, Finland, and the United States – examined the effects of a 24-week high-intensity strength training program or low-intensity walking on a group of women ages 45-64. The women exercised just twice a week for less than an hour. (Remember – that still leaves 166 hours to do all of the other things that you want to do).

The results showed clearly that short-term, high-intensity resistance training increased muscular strength for these women. Moreover, those who participated in the resistance training maintained their bone density more efficiently than those who only walked.

The bottom line is that your doctor was not talking through his hat, but you should hold on to yours and follow his advice. You are using your age as a convenient excuse for not exercising, and he is not buying it – and I'm not either. By taking care of yourself now and changing your lifestyle, you can significantly improve your quality of life as you get older. You can do it!

Jim Evans is a 36-year veteran of the health and fitness industry and a nationally recognized consultant on fitness for seniors. He is chairman of the Advisory Council for the Retired & Senior Volunteer Program (RSVP) of San Diego County.



Health Tips

(Submitted by Walter Backus)

PROBLEM:

Your gut sticks out more now than it did before you started doing crunches.

SOLUTION:

"While crunches do strengthen your midsection, they don't flatten the abdominal wall. You can do that only by isometrically compressing, or drawing in, your abdominal muscles—something that you can't do effectively during a typical crunch," says Jan Griscom, a personal trainer at the Sports Center at Chelsea Piers in New York City. In fact, a crunch-intense regimen can add bulk in the form of muscle to your waistline if you got excess fat around your midsection.

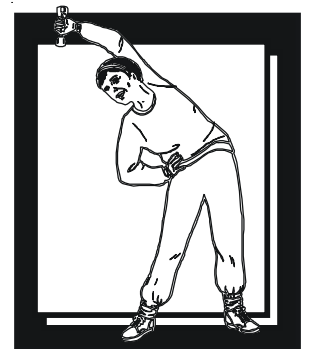
To tame your tummy for good, try this ab-flattening move from Griscom: Position yourself facedown on the floor and prop yourself up on your elbows and toes. Pull your belly button in toward your spine and lift your torso so your body creates a straight line. Do this for as long as you can.

Senior Trek to Healthy Fitness

The Senior Trek to Healthy Fitness is a project that focuses on promoting health education for seniors 50 and over. The Senior Community Aging Network provides health professional resources and practical knowledge to adults and to organizations that serve seniors.

Workshop topics include general nutrition, goal setting, senior sports, health screening, physical activity, health education, Senior Olympics and issue meeting.

The next Senior Trek to Healthy Fitness in Santa Fe will be held on April 21, at the GCCC. For information, call Ron Pacheco at 955-4754.



Oh, My Aching Head

(By Chris Ott, in the magazine *Natural Health*, July/August 1999)

To say that you have a headache is a bit of an oversimplification. According to the National Headache Foundation, based in Chicago, there are more than 20 different kinds of headaches, each with its own symptoms.

What causes the pain? Because headaches are so common (90 to 95% of Americans suffer from them) many people think that they are an inevitable part of life. But pain is not normal. It is your body's way of telling you that something is wrong. Headaches can be the result of emotional or physical problems. But if you are in the midst of a headache of your own, you might not care about these details. You probably just want relief. Before resorting to over-the-counter pain relievers, try these natural remedies for headache pain.



Do the Swing

Li Shou is a simple, traditional Chinese medicine remedy. Stand relaxed and twist at the waist, swinging your arms from side to side rhythmically. Continue for a few minutes, or until your hands begin to feel warm. This warmth means that the blood-and therefore the painful heat and pressure- has been drawn downward away from the head and into the hands. Then stroke your face with your warm hands in gentle circular motions around your eyes. Repeat the whole exercise several times or until the pain is gone.

Heat Your Feet

Tori Hudson, N.D., Director of A Woman's Time clinic in Portland, Oregon and a professor at the National College of Naturopathic Medicine, suggests another technique for drawing blood downward to treat headache pain: hydrotherapy. Soak your feet and ankles in hot water for 15 minutes while applying a cold compress to your head. The hot water causes blood vessels in your feet to dilate, while a cool compress causes those in your head to constrict. This will help spread your blood more evenly through your body and relieve the concentration that causes the painful pressure in your head.



Go Nuts

Instead of taking aspirin for a headache, Robert Milne, MD suggests eating 12 almonds. Almonds contain salicin, the active ingredient in aspirin. Almonds are used as a traditional headache remedy in many regions where almond trees are common.

Mum's the Word

For all types of headache pain Bob Flaws, author of *Curing Headaches Naturally with Chinese Medicine*, suggests brewing a tea made from chrysanthemums. This so-called "scholar's tea" is

commonly drunk in China by people who do a lot of reading or other eye-straining activities. Pour 1 cup of boiling water over 7 or 8 dried chrysanthemum flowers and allow it to steep for 3 to 5 minutes. Drink 4 cups a day. You can buy the dried flowers at a natural herb store.



See February's *Senior Scene* for more natural headache remedies.

Rx-America Group, Inc.

a non profit organization

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

**This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____

Best Time to Call: _____ Home Bound? _____ Yes _____ No

Prescriptions

Dosage (in ml. or mg.)

PUZZLES

ACROSS

1. However
4. Melt
8. Ceremonial act
12. Organ of hearing
13. Expectant desire
14. One of the Great Lakes
15. Kids in a classroom
17. Took a spill
18. Opposite of less
19. Wrenches (an ankle)
21. Fruit for a teacher
23. On an even —, steady
24. One-on-one combat
25. City in Oregon
29. Museum hanging
30. Farm buildings
31. Meadow: poetic
32. What telegrams convey
34. Potter's material
35. Earnest entreaty
36. Agreements between nations
37. Country to the north of the U.S.
40. Vend
41. Sign of the future
42. French ruler Bonaparte

46. Gentle; timid
47. Exact likeness
48. Fuss
49. Finishes
50. Complete collections
51. Stop-sign shade

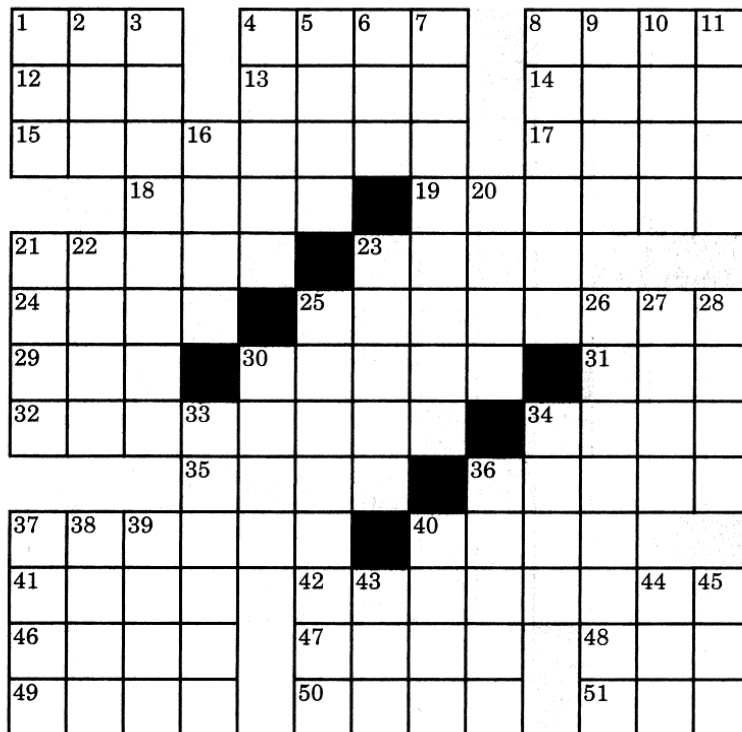
DOWN

1. "Sure!"
2. Break a fast
3. Brass instruments
4. In that place
5. Sharpen (skills)
6. Fitting
7. Cowboy movies
8. Extra ink cartridge
9. Angers
10. Cause to slant

CROSSWORD 31

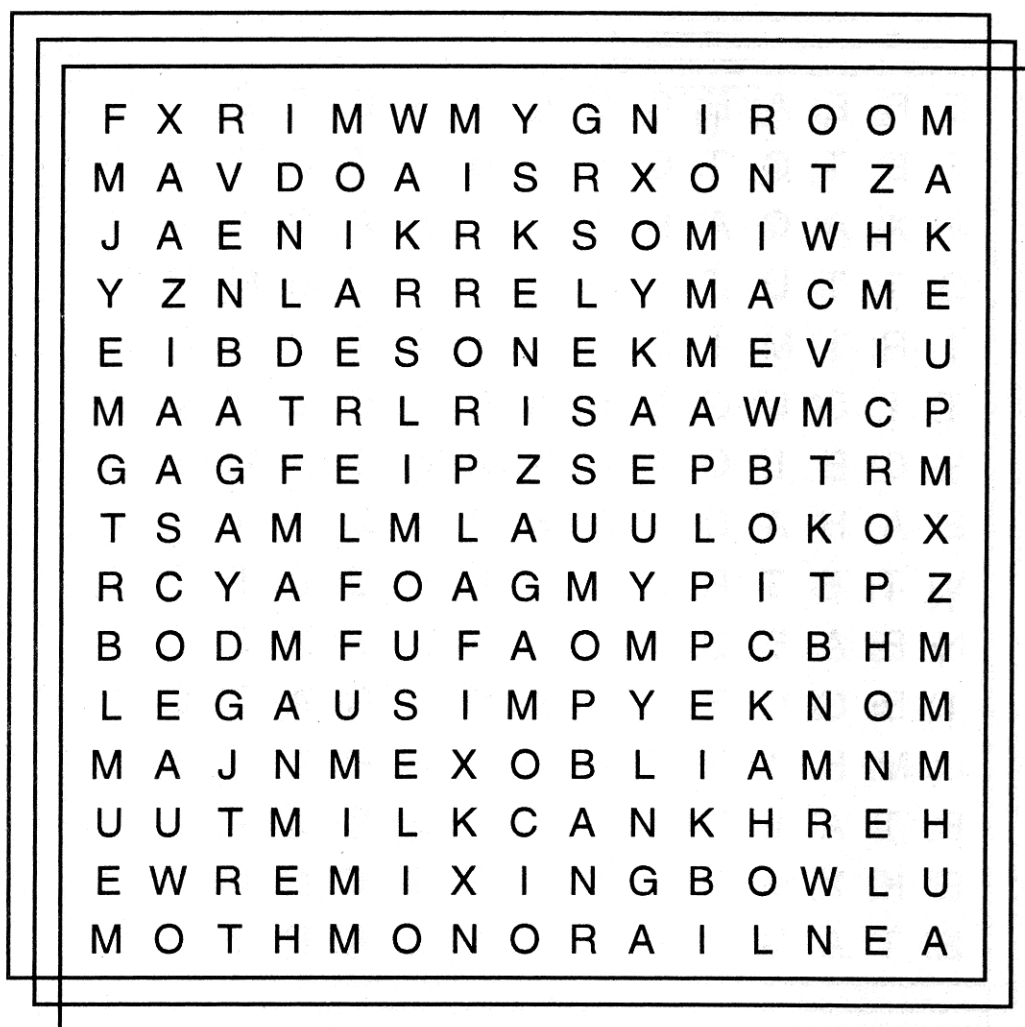
11. Snakelike fishes
16. Barbie or Raggedy Ann
20. Saturates with liquid
21. Man of Eden
22. Free from defects
23. South —, Seoul's country
25. Beauty contests
26. Signal at the end of an air raid: hyph. wd.
27. Tidy
28. 24-hour spans
30. Having a shaved head
33. Punishes junior, old style
34. Use the phone
36. Exploited workers
37. Carol lyric, "O —, all ye faithful..."
38. "So be it!"
39. Require
40. Barbecue rod
43. Overwhelm
44. Poem of praise
45. Signal 1-Down

Solution is on page 138



PUZZLES continued

M's



W-0134

MAGAZINE

MAILBAG

MAILBOX

MAKEUP

MAN

MANDRIL

MAP

MAPLE LEAF

MAST

MEDAL

MEMORY

METAL

MICROPHONE

MILKCAN

MINNOW

MIRROR

MIXING BOWL

MOBILE

MONKEY

MONORAIL

MOORING

MOTH

MOUSE

MUFFLER

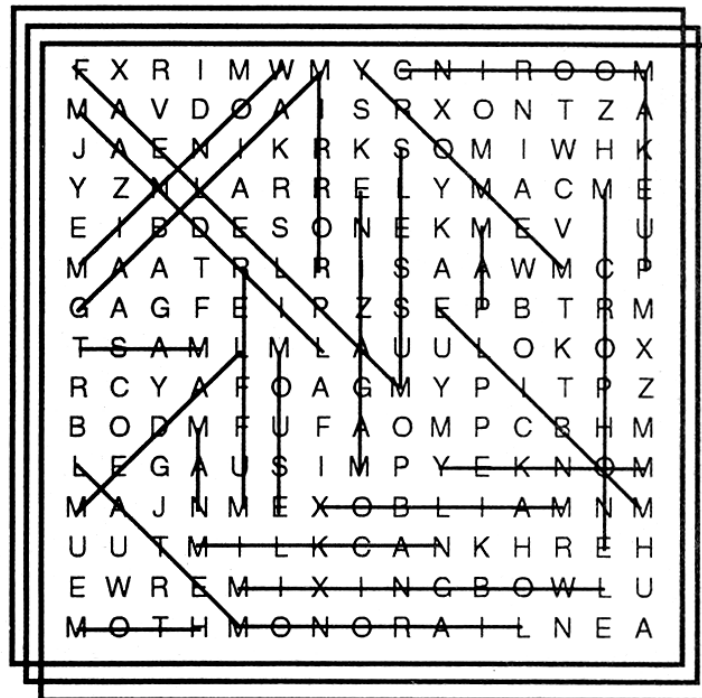
MUSSELS

PUZZLE answers

CROSSWORD 31

Y	E	T		T	H	A	W		R	I	T	E
E	A	R		H	O	P	E		E	R	I	E
S	T	U	D	E	N	T	S		F	E	L	L
		M	O	R	E			T	W	I	S	T
A	P	P	L	E		K	E	E	L			
D	U	E	L		P	O	R	T	L	A	N	D
A	R	T		B	A	R	N	S		L	E	A
M	E	S	S	A	G	E	S		C	L	A	Y
			P	L	E	A		P	A	C	T	S
C	A	N	A	D	A		S	E	L	L		
O	M	E	N		N	A	P	O	L	E	O	N
M	E	E	K		T	W	I	N		A	D	O
E	N	D	S		S	E	T	S		R	E	D

puzzle 34



W-0134

SENIOR CENTER LUNCH MENU

JANUARY 2004

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			1	2
			ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEARS DAY!!!	CHICKEN BREAST WITH NOODLES ALFREDO SAUCE BROCCOLI APRICOTS ROLL MILK
5	6	7	8	9
SALISBURY STEAK WITH GRAVY RICE PEAS PEARS BISCUIT MILK	GREEN CHILE STEW WITH POTATOES CORN COLE SLAW SWEET RICE CORNBREAD MILK	BAKED COD MACARONI & CHEESE MIXED VEGGIES FRESH FRUIT ROLL MILK	BBQ CHICKEN POTATOES O'BRIEN CALIF. VEGGIES BROWNIE ROLL MILK	SPAGHETTI WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD PEARS GARLIC TOAST MILK
12	13	14	15	16
TUNA SALAD MACARONI SALAD TOMATO SLICES CHIPS FRUIT MIX CRACKERS MILK	SLOPPY JOE FRENCH FRIES COLE SLAW PLUMS BUN MILK	PEPPERONI PIZZA ITALIAN VEGGIES TOSSED SALAD VAN. PUDDING GARLIC TOAST MILK	BREADED CHICKEN PATTIE MASHED POTATOES GREEN BEANS FRUIT SALAD ROLL MILK	MEAT LOAF GRAVY RICE PILAF CORN / SQUASH APPLE CRISP ROLL MILK
19	20	21	22	23
ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY!!!	CHICKEN FRIED STEAK MASHED POTATOES CREAM GRAVY PEAS 'N' CARROTS CAKE ROLL MILK	BEEF STIR FRY RICE ORIENTAL VEG. EGG ROLL APRICOTS ROLL MILK	LASAGNA WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD JELLO TOAST MILK	FRITO PIE CHEESE / ONION BUTTERED CORN COLE SLAW FRESH FRUIT CRACKERS MILK
26	27	28	29	30
GROUND BEEF OVER RICE/ GRAVY CARROTS APPLE SAUCE ROLL MILK	POSOLE WITH PORK SPANISH RICE SPANISH SLAW PEACHES TORTILLA / MILK	HOT DOG TATER TOTS CORN PINEAPPLE BITS BUN MILK	RAVIOLI ITALIAN VEGGIES CUCUMBER SALAD GARLIC TOAST PEARS MILK	TUNA CASSEROLE CARROTS COLE SLAW PLUMS ROLL MILK

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.